PICKING UP THE PIECES IN IRAN

DEADLY EARTHQUAKES RATTLE COUNTRY, LEAVING HUNDREDS DEAD IN THEIR WAKE PAGE 6

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CARRYING CANADA'S PRIDE

Christine Sinclair carries the Canadian flag into the closing ceremony of the Olympic Games in London on Sunday. For more on the Games' final days, see pages 3, 17 and 18. FRANK GUNN/THE CANADIAN PRESS

'Drunkorexics' a big worry

They're more likely to engage in unprotected sex and excessive drinking than their peers, B.C. researchers say PAGE 3

A mother's ingredients

Biology isn't the only thing that makes a mommy PAGE 14

Celebrities definitely earn their stripes

Actors and athletes prove their mettle in new boot camp reality TV show PAGE 12

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Vancouverites applaud athletes' Olympic efforts

It's Games over. Locals look back on some of their favourite London 2012 moments

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

It's been a bronze-filled Olympics for Canada's summer athletes and reviews have been mixed when it comes to the nation's performance at the London Games.

Vancouver resident Douglas Race, 31, said the bronze-medal win by the women's soccer team was his top Olympic moment and he was all for Canadian soccer sensation Christine Sinclair carrying the flag in the closing ceremony.

"I think any time it is country versus country you start to feel a little bit of pride," he said. "You want your country to do the best and kind of show that we have a good sports program."

Though Cassidy Roger, 17, of Victoria, admitted she didn't really follow the Summer Olympics as much as the Vancouver Winter Games, she said she felt proud when fellow Victoria native Ryan Cochrane won the silver medal in the 1500-metre freestyle.

For Anthony Ibanez, it's not always about how many medals you get, but how the Canadian athletes handled themselves under pressure and heartbreak.

Like when the bronze medal was stripped away from the Canadian men's 4x100-metre relay team after Jared Connaughton stepped out of his lane, earning the team an automatic disqualification.

"I saw (Connaughton's) interview after the race and I thought it took a lot of guts to take responsibility for his mistake," Ibanez said. "It was really classy of him to say sorry to his teammates and to Canada.

"Even though the Summer Olympics is not really our thing, I think the athletes still tried their best and that's all that matters," he said.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Canadian athlete Carol Huynh celebrates during the closing ceremonies of the Olympic Games in London on Sunday.
FRANK GUNN/THE CANADIAN PRESS

Drunkorexia: Not-so-healthy way to have a good time

A SFU research study has looked into the phenomenon of young women forgoing food for alcohol.
METRO FILE

So-called "drunkorexics" are more likely to engage in unprotected sex and excessive drinking than their peers, says a Simon Fraser University researcher.

Grad student Daniella Sieukaran asked 227 York University students about their eating and drinking habits and found that 40 per cent of those who drink alcohol also diet.

The phenomenon, called "drunkorexia," sees mostly women in their early 20s skipping meals so they can drink heavily without gaining weight. It has been popular amongst young people since about the late '90s, but the term was only coined in 2010.

Since then, researchers have looked at the prevalence of combined dieting and drinking, but Siekaran took her study a little bit further.

"I wanted to know the effects of dieting and heavy drinking over time," she said.

So she asked her subjects about risky behaviours, and learned that drunkorexics were significantly more likely to have unprotected sex or end up in the emergency room with alcohol poisoning.

She couldn't say why that particular group is more prone to risky behaviour but she said people with eating disorders such as bulimia can be more likely to be impulsive risk-takers.

However, other types of eating disorders, such as emotional eating and eating in response to external stimuli, were linked to a decrease in those types of behaviours, she said.

Although excessive drinking has been prevalent among university students for years, Sieukaran said societal pressures are causing students to be more concerned about counting the calories in their mojitos.

"Of course, everyone's concerned about the freshman 15," she said, referencing the idea that university students typically put on 15 pounds in their first year.

But magazines, television, even government warnings about the obesity epidemic are causing concern amongst young people, Sieukaran said.

"I think just the society we're living in now — it's just so weight-focused," she said.

ELIZABETH HAMES/FOR METRO

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1 NEWS

Mobile news

After 16 days of intense competition, it all came to an end yesterday. Scan the code to see highlights from the Olympic closing ceremony.

Wiki wizard makes case for lawyer at annual confab

Jimmy Wales. Legal eagles are key to Wikipedia mandate of access to knowledge, founder says

ELIZABETH HAMES
vancouver@metronews.ca

If you want every person on the planet to have access to the sum of all human knowledge, you're going to need a lawyer.

That's what Wikipedia founder Jimmy Wales told a roomful of legal professionals on Sunday at the Canadian Bar Association's annual conference in Vancouver.

Wales, the keynote speaker, talked about information sharing and democracy on the Internet. When it launched in 2000, the free encyclopedia drafted a mandate to provide the world with free access to basic information, and invited everyone to edit articles on its site.

But the Wikipedia model faces a host of legal questions: Who is responsible for defamatory statements on the site? How to deal with copyrighted material?

That's where the lawyers come in. "They have the ability to help carry forward public policy that makes projects like this possible," Wales said.

But even without lawyers, Wikipedia has found ways to challenge laws that threaten its mandate. In January, Wales blacked out its English-language articles to protest the Stop Online Piracy Act in the United States, which would have required Internet service providers to block certain sites.

"When we put up our protest … over 10 million people contacted Congress that day," Wales said. "And they dropped it, of course, very quickly, because we do live in a democracy."

Wikipedia founder Jimmy Wales speaks at the Canadian Bar Association annual conference in Vancouver on Sunday. ELIZABETH HAMES/FOR METRO

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B.C. Appeal Court. Taylor exempted from ban on doctor-assisted suicide

Gloria Taylor's right to avoid a horrific death in the clutches of Lou Gehrig's disease should not be sacrificed because the courts have yet to rule on Canada's doctor-assisted suicide ban, a judge ruled Friday as she upheld Taylor's personal exemption from the law.

The West Kelowna woman, who was diagnosed with amyotrophic lateral sclerosis three years ago, was among the plaintiffs in a landmark case that saw the B.C. Supreme Court strike down Canada's ban on doctor-assisted suicide as unconstitutional.

While the court suspended its decision, Taylor was granted an immediate exemption, making her the only person in Canada who can legally die with the help of a doctor.

Ottawa launched an appeal of that decision and also asked the Appeal Court to revoke Taylor's exemption until the case is heard.

But Justice Jo-Ann Prowse said that taking away Taylor's exemption would cause her irreparable harm, outweighing the interests of the federal government and the public in preventing a single case of doctor-assisted suicide.

THE CANADIAN PRESS

Cross-border effort. Quin the rescued sea otter dies

A sea otter rescued off the shores of Washington State and brought to the Vancouver Aquarium has died.

Aquarium staff said Quin spent more than a week under round-the-clock care, but died of liver failure, an enlarged heart and water in the brain.

The adult male otter was found lying on the shores of the Quinault Indian Nation on July 9. He was rescued by workers with the U.S. Fish and Wildlife Service's sea-otter-stranding program and brought to the Vancouver Aquarium on Aug. 1.

"We knew that the risks were high when the sea otter was rescued in poor body condition, including several significant injuries and obvious metabolic compromise," aquarium veterinarian Dr. Martin Haulena said.

"Despite a steady decrease in appetite and condition, we had hoped that he would regain his strength," he added. "He received the very best medical care available to him from a team of clinicians across the Pacific Northwest, but was unable to recover."

PHYLICIA TORREVILLAS/METRO

Missing fisherman

Search ongoing for capsized boater

A search is expected to resume on Monday for a 49-year-old man who went missing on Sunday when a boat capsized in the Fraser River near the Agassiz bridge. Two people in the boat swam to shore, but RCMP say a third man was unable to navigate the river currents. A marine and air search on Sunday failed to find the man. METRO

Willie Mitchell

Ex-Canuck brings Stanley Cup home

He may be an L.A. Kings player, but Willie Mitchell still calls B.C. home. The former Canuck returned to Vancouver on Saturday with the one thing city sports fans crave the most: the Stanley Cup, which he won with the Kings. To the amazement of onlookers, Mitchell made a stop at the Rosewood Hotel Georgia for a family function before taking the cup to his hometown of Port McNeill. METRO

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Egypt. President retires top staff in brazen move to take power back from army

Outgoing Egyptian armed-forces chief of staff Sami Anan.
AMR NABIL/THE ASSOCIATED PRESS FILE

Egypt's Islamist president ordered the retirement of the defence minister and chief of staff on Sunday and made the boldest move so far to seize back powers that the military stripped from his office right before he took over.

Mohammed Morsi has been locked in a power struggle with the military since he took office on June 30. But after militants killed 16 Egyptian soldiers a week ago at a border post with Israel in Sinai, he has sought more aggressively to assert his authority over the top generals.

He fired the nation's intelligence chief a few days ago and made two highly publicized visits to Sinai in the company of top commanders. He also chaired several meetings with the military brass and made a point of calling himself the supreme commander of the armed forces in televised speeches. THE ASSOCIATED PRESS

Alberta

Murder charges laid in Mounties death

RCMP have charged a man with first-degree murder in connection with the death of a retired Mountie who was working as a peace officer south of Calgary.

Police say Trevor Kloschinsky, 46, makes his first court appearance Monday morning in Calgary to face the charge.

Rod Lazenby died Friday after he responded to what police describe as a dog-related call at Kloschinsky's home.
THE CANADIAN PRESS

Halifax

Tortoise celebrates 90th birthday

Gus the tortoise celebrated his 90th birthday Sunday with almost 1,000 people at the Museum of Nature in Halifax.

Museum staff believe Gus, who is barely bigger than a kitten, is the oldest gopher turtle in the world. They estimate he hatched sometime between 1920 and 1925.

His guests were treated to birthday cake and lemonade, but Gus himself dined on organic blueberries and strawberries. THE CANADIAN PRESS

Public health. Is a gun like a virus or car? Experts say yes

Public health experts are calling for a fresh look at gun violence as a social disease in the wake of recent mass shootings in the U.S.

What is needed, they say, is a public health approach to the problem, like the highway safety measures, product changes and driving laws that slashed deaths from car crashes decades ago, even as the number of vehicles on the road rose.

One example: Guardrails are now curved to the ground instead of having sharp metal ends that stick out and pose a hazard in a crash.

"People used to spear themselves and we blamed the drivers for that," said Dr. Garen Wintemute, who directs the Violence Prevention Research Program at the University of California, Davis.

It wasn't enough back then to curb deaths just by trying to make people better drivers, and it isn't enough now to tackle gun violence by focusing solely on the people doing the shooting, he and other doctors say.

They want a science-based, pragmatic approach based on the reality of a society saturated with guns and the need for harm prevention.
THE ASSOCIATED PRESS

Poland

Man grilled over alleged Auschwitz barbed-wire theft

A 66-year-old Italian man has been released without being charged after he was questioned over the alleged theft of a piece of barbed wire from Auschwitz museum, Polish police said Sunday.
THE ASSOCIATED PRESS

Strait of Hormuz

Missile crashes with oil tanker

A U.S. navy guided missile destroyer was left with a gaping hole on one side after it collided with an oil tanker early Sunday just outside the strategic Strait of Hormuz in the Middle East.

No one was injured on either vessel, the U.S. Navy said in a statement.
THE ASSOCIATED PRESS

A victim of Saturday's earthquake makes her way the ruins of buildings in a village near the city of Varzaqan in northwestern Iran on Sunday.
MAHSA JAMALI/THE ASSOCIATED PRESS/MEHR NEWS AGENCY

Quake felt like 'end of the world': Victim

Iran. More than 250 dead, entire villages razed and 16,000 left homeless

Residents of the zone in northwestern Iran hit by powerful twin earthquakes described moments of terror and panic with birds crowing loudly in warning seconds before the ground shook. As the death toll rose Sunday to more than 250 with entire villages levelled, rescuers called off searches for survivors and turned their attention to caring for the 16,000 people left homeless.

Quoted

"The moment the earthquake hit, it was like a snake biting from underground. It was the worst experience of my life."
Morteza Javid, earthquake victim

At least 20 villages were totally destroyed in the quakes on Saturday that were followed by some 36 aftershocks, state television reported. Ahmad Reza Shajiei, a senior government official, said more than 5,000 tents have been set up to shelter the thousands of displaced who spent the night outdoors.

"The walls were shaking and moving from side to side. It took about a minute before I could run out of the house," said survivor Morteza Javid. "Seconds before the earthquake, crows were making a lot of noise, but I didn't understand why. It was only after the quake that I learned the crows were warning us." Javid said he drove more than a dozen injured people to hospitals during the night.

Television showed images of people being evacuated on stretchers, while others were treated for broken limbs and concussions. Dozens of families were sleeping on blankets laid out on the ground in parks. Some were crying, and others shivered from the cold.

Naimeh Alapour said she ran out of her house without the mandatory Islamic headscarf when she felt the quake.

"I simply took my kid and ran down the steps. The elevator was out of service. I don't know how I walked nine floors down. It felt like this was the end of the world," she said.

Officials have announced two days of mourning in East Azerbaijan province.
THE ASSOCIATED PRESS

Sook-Yin Lee, left, and Olivia Chow.
SHANE GIBSON/METRO

Layton shoot bittersweet for Chow

She may have known the late Jack Layton better than anyone else in the world, and this weekend Olivia Chow was in Winnipeg to visit a movie being filmed to share her story with the rest of us.

"Some parts of it are painful, and some parts are joyous," said Chow on set for Smilin' Jack: The Jack Layton Story. "It's the story of an ordinary person being able to … make a bit of difference in the everyday life of people."

Chow spent two days in the city meeting the cast — including Sook-Yin Lee who plays Chow, and Rick Roberts who's taking on the role of her late husband.

Chow said she worked closely with the writer, producers and director of the movie, set to air on the CBC next year, and met with Lee and Roberts to help coach them on their roles. She also lent personal items of Layton's — including the cane he carried throughout last year's federal election campaign.

Despite the emotional ups and downs of the process, Chow said she's very glad Layton's story is being immortalized on film."It was difficult but I welcomed it," she explained.
SHANE GIBSON/METRO IN WINNIPEG

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Online piracy. Google cracks down on repeat copyright offenders

Google is altering its search results to de-emphasize the websites of repeat copyright offenders and make it easier to find legitimate providers of music, movies and other content.

The move is a peace offering to Hollywood and the music recording labels. This year, Google joined other Silicon Valley heavyweights to help kill legislation that would have given government and content creators more power to shut down foreign websites that promote piracy.

The Motion Picture Association of America issued a lukewarm response, saying it was "optimistic" the change would help steer consumers away from piracy.

"We will be watching this development closely — the devil is always in the details," MPAA senior executive president Michael O'Leary said in a statement.

This week, Google will start using "valid copyright removal notices" to rank its search results, according to a Friday blog post by Google's senior vice-president of engineering, Amit Singhal.

Google typically ranks websites based on how many other sites link to them, on the belief that sites that get more links are more trustworthy and useful. But Google also regularly tweaks its formulas to reflect special circumstances.

In this case, sites with high numbers of copyright-removal notices may get bumped down in rankings. In effect, that will help users find legitimate sources of content without removing any pages from its results completely. Google did not elaborate on what it considers to be valid notices.

A $1-billion US copyright lawsuit filed by Viacom against Google's YouTube in 2007 was reinstated by a federal appeals court in April after a lower court threw it out.

And last week, court papers related to a seven-year-old case showed that the Authors Guild is demanding Google pay $750 for each of the 20 million books it has scanned over the years.

THE ASSOCIATED PRESS

Google announced Friday that it will start using "valid copyright removal notices" to rank its search results starting this week. JUSTIN SULLIVAN/GETTY IMAGES

Hacked

WikiLeaks hit by sustained denial-of-service attack

Secret-busting organization WikiLeaks says it's been the victim of a sustained denial-of-service attack which has left its website sluggish or inaccessible for more than a week.

In a statement released late Saturday the group said the assault intensified around the beginning of August and has since expanded to include attacks against affiliated sites.

WikiLeaks, which has angered officials in Washington with its spectacular releases of classified U.S. documents, remained inaccessible Sunday.

THE ASSOCIATED PRESS

Equalization

Quebec Liberals tout northern development

Jean Charest's Liberals predict Quebec will make the historic transformation into a "have" province over the next quarter-century thanks to an ambitious northern-development plan.

Quebec's natural resources minister says the project — known as "Plan Nord" — will enable the province to wean itself off decades of federal equalization transfers, tackle its heavy debt and bankroll its costly social programs.

Clement Gignac's prediction would see the province pump cash into the federation for the first time since the modern equalization program was established in the 1950s. THE CANADIAN PRESS

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metro
News worth sharing.

TOO GRAVE TO IGNORE

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Wherever you are this morning, let me ask you a question: Would you knowingly live in a cemetery?

Even if you're of the Gothic persuasion, I know the answer. Most of us won't even step on a crack for fear of breaking our grandmother's back, never mind tempt the fates and knowingly desecrate a graveyard.

Leave that to the yahoos who like to turn over gravestones every Halloween.

So why would anyone want to live on top of the Marpole Midden, where the Musqueam people buried their kin for 4,000 years?

A good time to ask yourself that question could be during those times when the Musqueam are blocking traffic over the Arthur Laing Bridge, as they did on Friday, to protest the fact that developers, who own the land, are still getting a development permit renewed on a regular basis.

Maybe these protests have prevented you from getting home or made you miss a flight. At such times, it's always a good idea to find your happy place and contemplate the verities. The alternative usually leads to a fine or jail time or both.

Sacred site

Why would anyone ignore the objections of the Musqueam in the first place and build condos on top of a 4,000-year-old burial site?

When archeologists unearthed the skeletons of two adults and three babies in January, that should have been it for the development.

Instead, it has turned into a complicated theatre of the absurd in which the Musqueam are trying to buy back the land from the developer, with the province sitting on the sidelines with a whistle and a PR department.

How did it get this far? Why would anyone ignore the objections of the Musqueam in the first place and build condos on top of a 4,000-year-old burial site?

Of course, sacred ground around the world is routinely desecrated as time and politics take their toll. Still, it's difficult to believe anyone would live on top of an ancient burial ground by choice.

That's the real issue here. The developer, the city, the province, people who put a deposit on a condo — everyone but the Musqueam — have to varying degrees ignored that fact. Government minister Mary Polak reminds us that the Marpole Midden is private property and that makes it an issue of broad principle and precedent. What's more important: 21st-century ownership? Or aboriginal title?

Let's not forget — as well as an ancient burial ground, this is a National Historic Site. If they can build condos on a National Historic graveyard, you might as well have yourself cremated and your ashes scattered on Wreck Beach, because there's obviously no such thing as a final resting place.

Me, I'm going for a memorial bench on a mountainside somewhere, where it will take at least 4,000 years before someone turns up with a backhoe. RIP does not always mean Rest in Peace.

Honouring the spirit of what came before: Members of the Musqueam First Nations perform a welcome song in 2009. JEFF VINNICK/GETTY IMAGES

What a little Barry White can do

GARETH FULLER, PA/THE ASSOCIATED PRESS

Flamingo babe

Sexy crooner aids breeding birds

A two-week-old unsexed Chilean flamingo is encouraged from its nest by its mother Gabriella, centre, as its father Maurice stands guard at Drusillas Park in Alfriston, southeast England, on Friday.

Earlier in the year, Barry White songs were played to the birds to encourage breeding.

THE ASSOCIATED PRESS

The mating game

- Chilean flamingos live in large flocks in the wild and require crowded conditions to stimulate breeding.
- During breeding season, males and females display a variety of behaviours to attract mates, including head flagging — swivelling their heads from side-to-side in tandem — and wing salutes, where the wings are repeatedly opened and closed.
- Males and females co-operate in building a pillar-shaped mud nest, and both incubate the egg laid by the female.

- Upon birth, the chicks have gray plumage; they don't gain adult coloration for two to three years.
- Both male and female flamingos can produce a nutritious milk-like substance in their crop gland to feed their young.

Source: Lincoln Park Zoo

With a leg to stand on

1

The Chilean flamingo often stands on one leg, tucking the other beneath its body to preserve body heat.

With tall, thin legs and a long, flexible neck, the Chilean flamingo can reach up to 40 inches in height.

What appears to be the bird's knee is actually its ankle — the joint bends backward rather than forward.

A backpack of hope for homeless women

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

A Burnaby teenager is truly putting her back into a great cause.

Shannon Blanthorne, 16, is working toward starting her own non-profit, Shanpoo, which explores the creative and philanthropic uses of the backpack to help provide personal-hygiene products for homeless women.

Blanthorne plans to fill backpacks with a variety of products such as granola bars, shampoo, tampons and socks.

She and her friends recently organized a fundraiser to provide the initial boost.

"Each backpack costs about $50. We ended up raising enough for 11 more.

"So in total we have 18 backpacks filled — with seven already complete," Blanthorne said recently.

When required, women can bring these bags back for a refill.

Once Blanthorne and her volunteers have 30 full backpacks, they will donate them to women's shelters in Vancouver's Downtown East Side to distribute to needy women.

People interested in volunteering with Shanpoo can stay connected through the group's Facebook page at facebook.com/shanpoos or email Shannon Blanthorne at shanpoos@hotmail.ca.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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SCENE 2

All stunts, no doubles as these stars earn their stripes

Boot camp reality. Celebrity recruits are put to the test in new TV series that has them competing in army-style events against seasoned pros

These celebrity recruits have set out to prove they have what it takes to be real-life responders. HANDOUT

Starting this week, you can watch actors and actresses leap from buildings and battle armies of invaders, emerging victorious and unscathed. Viewers may chalk it all up to stunt men and women and digital special effects. Today's pampered celebrities wouldn't survive five minutes in a real combat zone, right?

Take that back, soldier. Eight celebrities set out to prove that they really do have what it takes to be real-life responders in the boot camp reality series Stars Earn Stripes (premiering Monday at 8 p.m. ET on NBC, 9 p.m. on Global).

The celebrity recruits were on hand to meet the press at the recent TV critics tour in Los Angeles, including boxer Laila Ali; former TV Superman Dean Cain; actor and former NFLer Terry Crews (now on The Newsroom); The Sing Off host Nick Lachey; Alaskan outdoorsman and political spouse Todd Palin; Biggest Loser trainer Dolvett Quince; former Winter Olympian Picabo Street; and WWE diva Eve Torres.

Posters for the series, showing the gun-toting celebs running next to the slogan, They're Not in Hollywood Anymore, give it a Tropic Thunder vibe.

Jack Osbourne was apparently hoping to earn his "Stripes" until news emerged that he was diagnosed with multiple sclerosis. Executive producer David Hurwitz admits Osbourne was in talks to join the series but "prior to us making our decision, it was found out that the rigours of the show were too intense for him." Mom Sharon disagrees and has announced that she is leaving NBC' America's Got Talent as a result.

A few of the celebrities who made the cut almost wished they hadn't. The series was shot over a few weeks at the beginning of this summer. The eight celebs had to compete in actual army-style events against eight real life Special Operatives, including former Navy SEALs, army special forces Green Berets, SWAT commanders and a current member of the Orange County sheriff's department.

"I thought this was going to be the same old corny military show where they've got the obstacle courses and BB guns," says former Navy SEAL Grady Powell.

"That was the farthest thing from Stars Earn Stripes. We're jumping out of helicopters. There are people crying. Might see me cry."

"There was a moment," adds Lachey, "when going through my mind is, 'What in the world have I gotten myself into here?'"

"I can say I almost drowned, and that is for real," says Crews. The fit and rugged actor quickly found out that having just five per cent body fat "don't work for swimming."

He felt one of the Ops grab him from the back of his pack and haul him out of a river as he was going down for the third time. "If this had been a real, live operation, I would have died. That is the truth."

Crews points out that this competition, in a way, goes against the whole notion of army training.

"The military is not a competition. In fact, your best soldier might die first."

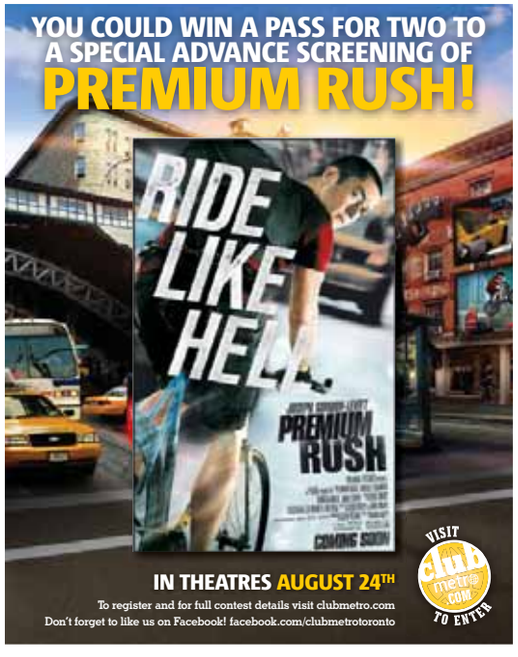
THE CANADIAN PRESS

What about Sarah?

Todd Palin, Sarah Palin's husband, is used to hanging out in the shadows when it comes to the spotlight. But for Stars Earn Stripes, Sarah says she's happy to hand over centre stage to Todd. Todd is a "world champion snow machine racer, he's got all the physicality that's required, a lot of mental toughness too," said the former Alaska governor. "I'd have to do a whole lot of push ups," she said, adding "politics are pretty brutal, too."

On the web

American Idol winner Phillip Phillips received Olympic exposure with debut single Home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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Pitt and Jolie spark much ado about nothing

Rumors raged this weekend that a party Brad Pitt and Angelina Jolie were throwing for Pitt's parents' anniversary at their French estate was actually a cover for the famous couple's wedding, with the Sun even confirming a guest list of about 20 people — including Jolie's jeweler.

But not only was there no wedding, there apparently wasn't even a party for the elder Pitts, according to photo agency X17.

"We sent an X17 photographer all the way down to the south of France — it's pretty much in the middle of nowhere — to check out Brad Pitt and Angelina Jolie's chateau Miraval to see just what's going on," the agency gripes on its site about the move.

"There's nothing going on."

Anna Faris.

Friends of Faris promoting her parent skills

Anna Faris and Chris Pratt are looking forward to the arrival of their first child this fall, a friend tells Us Weekly.

"They planned for this baby, and now seemed as good of a time as ever," the source says. "They really will be the best parents."

And if Faris' pregnancy is any indication, motherhood will be a piece of cake.

"Maybe it's just her energy, but she hasn't been having trouble with the pregnancy at all," the pal says.

The Word

Perry pairing up with Mayer

THE WORD
Amber Ray
scene@metronews.ca

It looks like Katy Perry's got a type... tall, dark and grungy. After splitting with hubby Russell Brand last year, the Wide Awake singer now seems to be getting cosy with another member of the shower-averse club: John Mayer.

The two, who shared a dinner date earlier this month and have been spotted around Hollywood since, were recently snapped leaving a house party in Los Feliz, Calif., over the weekend, TMZ reports.

So is the Hollywood playboy who's been linked to a slew of A-list ladies, including Jennifer Aniston, Jessica Simpson and Taylor Swift, Perry's new knight in shining armor?

"She's not talking like he's 'the one,'" a pal of Perry's tells People magazine. "She's comfortable around guys who understand the craziness of that world, which he definitely does."

If Perry has indeed found a man who understands her kind of world a technicolour dreamland with purple wigs and whipped-cream-spewing bras we can't help but wonder what John Mayer really has been putting in his pipe all these years.

Lindsay Lohan

Lohan looking loco once again

Lindsay Lohan's bad behaviour at a recent birthday bash for pal Francesca Eastwood have friends scratching their heads — and worried the old Lohan is back, according to Us Weekly.

"Francesca was celebrating with around a dozen friends in a private area when Lindsay came over and started screaming that Francesca should leave," a source says.

"She was yelling, 'I'm a star, she's a nobody, get her out of here!'"

Security asked Lohan and her entourage to leave. But the birthday girl wasn't fazed by the display and was even nice about it.

"I'm not sure what exactly sparked Lindsay's outburst," Eastwood tells E! News. "Regardless, I still had an amazing night, and Parent Trap is still my favourite movie."

Jada Pinkett Smith

Smith smacks down divorce rumours

Jada Pinkett Smith is working hard to shake the ongoing rumors that she and Will Smith are splitting up.

"We're not getting a divorce," she tells Essence magazine. "Where am I going to go? That's my boo. It's like he's another part of me."

The rumors began cropping up earlier this year, and the couple's multiple denials have done little to quash them.

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LIFE 3

Arts and Crafts

Tie-dye without all the mess!

The kids will love these T-shirts you can make together. All you need is: Sharpie permanent markers, isopropyl rubbing alcohol, a medicine dropper and a cotton T-shirt.

1. Slide T-shirts onto cardboard so the ink won't bleed through to the back.
2. Draw your design. Go crazy!
3. Using the medicine dropper, squeeze out 10 drops of rubbing alcohol in the centre of your picture. Depending on the size of the image, you'll need about 10 drops and you can adjust as you go.
4. Let dry (we used a hair dryer to dry them more quickly).
5. Wear your amazing art.

SHARON DEVELLIS

Make a tie-dye T-shirt with Sharpies. ISTOCK

Numbers before bed

Math Lessons

New Jersey mom Laura Overdeck has devised a blog called Bedtime Math (bedtimemathproblem.org), which challenges kids to tackle a math problem before bed. The site offers a no-pressure approach to sharpening up numeracy skills. YUMMYMUMMYCLUB.CA

On the Web

Grandma is aghast that Mommy put you in a skull-and-crossbones onesie. It's not a gateway to gang membership — it was from Baby Gap! Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

What makes a mommy?

Parenting. One foster mom shares her thoughts on the coveted 'mom' title

KAREN ELLIOTT
YummyMummyClub.ca

Should children call their foster parents 'mom' and 'dad'? ISTOCK

"So, you're not her REAL mother." I had to breathe deeply as I turned and walked away, with two-year-old Allie in tow.

I did not give birth to Allie. I'm her foster mother. I am the one who feeds her and clothes her; the one who gets up with her at night when she can't sleep; the one who cleans up spilled milk and crayon wall art — every single day.

And, yet, despite this, I'm not allowed to cut her hair, take her on vacation, sign school permission forms without signed letters of approval. I'm not her legal guardian — or even considered her parent.

So, who am I?

Every 90 days, I meet with Children's Aid and Allie's biological mother to discuss the type of care that I am providing.

I have to listen to this woman — who has never been a parent since Allie went straight to foster care at birth — and her wishes about how her child needs to be fed, clothed and parented.

How I need to take her to a specific doctor, in another neighbourhood, an hour away, for checkups. How I need to go to a specific church on Sundays. How I have to dress her in pink more, so people don't think she's a boy.

And how I have to encourage her to call me something other than "Mommy."

Allie's biological mother has never been with her daughter for more than two hours at a time — and only in an office where she is closely supervised.

"Mom" has never taken Allie to the park, given her a bath or put her to bed.

I'm the one teaching manners, surviving potty training and enforcing timeouts for bad behaviour.

Maybe one day, Allie will be able to return to her biological mother, but until that happens, I am the one who is parenting this little girl.

And until that time, "Mommy" is the only title I can see that fits.

And why wouldn't it? My own children call me mommy daily, why would I expect my foster children to call me something different?

No one in our house is treated differently. Everyone gets the same love and attention, eats the same food, and shares the same toys.

Last week, I drove Allie to the Children's Aid office for her regular visit and a social worker walked Allie to the front door where her biological mom was waiting. I heard the worker say, "Look! It's mommy!" and then I saw Allie turn around, point to me and announce firmly, "DAT'S my mommy." I had to smile.

Raising a child is what makes you a parent. It has nothing to do with the uterus you came from.

On the Web

Grandma is driving Mommy crazy. Scan this code or visit metronews.ca/voices to find out why.

Save big on furniture so your kid can afford to party. Um, we mean, to study.

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Wow guests with restaurant-style Rock Lobster Tacos

Bring professional chef-style creativity and taste to your kitchen with this chic take on fish tacos. They're the perfect small bite for your next summer soiree.

For an extra kick, add diced jalapeno peppers.

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

Ingredients

- 4 rock lobster tails, cooked
- 500 ml (2 cups) cubed watermelon (cut into 1-cm/1/2-inch pieces)
- 2 avocados, peeled and cut into 1-cm (1/2-inch) thick pieces
- 2 papayas, cut into 1-cm (1/2-inch) cubes
- 125 ml (1/2 cup) fresh coarsely chopped cilantro
- 125 ml (1/2 cup) fresh lime juice
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) jerk seasoning
- Salt and pepper, to taste
- 8 to 10 taco shells
- 1 head iceberg lettuce
- 30 g (1 oz) shredded coconut

1. Cut lobster tails in half lengthwise (remove vein) and cut into 1-cm (1/2-inch) thick pieces.

2. Combine lobster with watermelon, avocados, papayas and cilantro.

3. Pour lime juice into a small bowl and slowly whisk in honey and jerk seasoning. Pour over lobster mixture and refrigerate for 1 hour, stirring occasionally.

4. Divide lobster mixture among 8 to 10 taco shells and garnish with lettuce and coconut. THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

Healthy eating

Choose it and lose it

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Tim Hortons' chilled drinks are a Canadian staple during the summer. However, what they're made with makes all the difference.

Medium mocha Iced Capp made with cream (14 oz)

410 calories / 16 g fat
Liquid calories are one of the culprits in excess weight and type 2 diabetes.

Equivalent

This iced drink is equivalent to almost an 8 oz. New York Strip in calories.

Medium Iced Capp made with chocolate milk (14 oz)

230 calories / 1 g fat
The chocolate milk eliminates the calories from the cream.

Coconut milk: The star of Pulled Chicken Tacos

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Who knew coconut milk could be so confusing?

It shouldn't be. At heart, it's a delicious liquid made from coconuts (duh!) that can effortlessly add an exotically creamy richness to so many foods.

Except that grocers sell about half a dozen different products that go by the same or very similar names. And they aren't interchangeable.

Coconut milk beverage is a sweetened drink made from coconut milk and sugar. It's usually sold in boxes alongside soy milk. Coconut cream is a very thick, fatty liquid made from steeping shredded coconut in hot water at a 4:1 ratio. It is sold in cans, usually in the international aisle. Sweetened cream of coconut is coconut cream that has been sweetened. It's intended for cocktails.

Coconut milk is the real deal and the one you want for cooking. Coconut milk is made like coconut cream, but with a 1:1 ratio of coconut to water. The result is a thick product.

In Southeast Asia, Africa and even South America, coconut milk is used in curries, soups, sauces, even sweets, such as rice puddings and some baked goods. Here it's used to make Coconut-Lime Pulled Chicken Tacos.

Ingredients

- 2-lb rotisserie chicken
- 1 cup coconut milk
- 1/2 tsp cumin
- Zest and juice of 1 lime
- Splash hot sauce
- Salt and ground black pepper
- 1/4 cup fresh cilantro, chopped
- Eight 6-inch flour tortillas,
- 1 small red onion, diced
- 1 avocado, peeled, pitted and sliced

1. Remove meat from chicken, then use fingers to pull any larger chunks into bite-size pieces.

2. In a saucepan over medium heat, combine the chicken, coconut milk, cumin, lime zest and juice, and hot sauce. Simmer until heated through and thick. Season the chicken with salt and pepper, then remove from the heat. Stir in the cilantro, then divide the mixture between the tortillas.

3. Top each serving with diced onion and avocado. Serve.
THE ASSOCIATED PRESS

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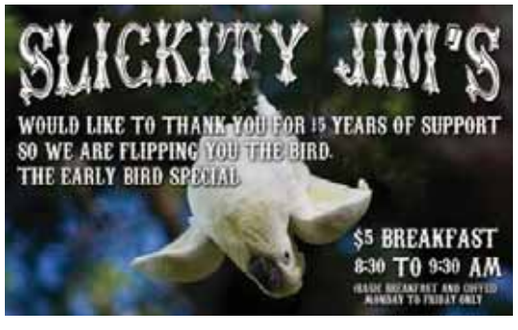
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Fashion designer Diane Kroe is enjoying her success more after altering her lifestyle and priorities. DIANEKROE.COM

Designer Diane Kroe feels richer after she redefined 'successful'

New plan. Giving up just one part of her fashion business allowed her more time for family, other important parts of life

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Diane Kroe was a reluctant ballerina. At the age of 7 she was accepted into a prestigious ballet school but she found herself more excited about the costumes than dancing. Kroe followed her heart and after a remarkable rise through the fashion world, she became an in-demand clothing designer with her own retail store. She seemed to have it all but when a close friend was diagnosed with brain cancer, Kroe took stock of her own life.

"I sat there and thought, 'I'm so busy I can't even take my kids to Disneyland.'"

Diane did some soul searching and then came up with a new plan. She gave up her store and began hosting fashion trunk shows across Canada. She will expand internationally soon with online shopping.

Becoming automated and hiring the right people are the keys to her new success.

"I think a lot of entrepreneurs are stuck being in control of everything. Find the right people, train them and then let go. I can't believe I wasn't doing this ten years ago."

Designing success

1. Define what success means to you and use it as the foundation for your business.

2. Always focus your energy on the product/service you offer that brings you the largest profit margin and let everything else come to you.

3. Automate your business as much as possible and give yourself the freedom to enjoy your success.

4. Finance as much as you can on your credit card, pay it off on time while building your credit and make sure to collect all the travel miles to cover your travel expenses. (This trick saves me thousands of dollars every year on interest and travel.)

5. Never stop learning and growing ... you and your business must change and evolve with the world around you.

Learn how to stand out in a sea of applicants

JULIA WEST
Metro World News in New York

Job fairs are crowded conventions that are swelling with people who want the same position you do. It's easy to get lost in the mix and become just another average applicant.

If you're going to take the time to attend one of these events, you need to be prepared with a bag of tricks to help you stand out from the crowd.

Do your research first, and learn about the companies and the open positions. Then develop a plan of action.

"Going into the event with a strategy will ensure you talk with and meet those organizations you are most interested in," says Andrea St. James, career counselor at Western New England University. "Without a strategy, you may miss a company or opportunity to gain valuable contacts."

If you can map out which companies you want to speak with, you will be able to better utilize your time.

Be realistic about the amount of time you have — it won't be much.

"Prepare your elevator pitch — who are you, what experiences you have, what motivates you, what makes you unique — and practice it.

Quoted

"Without a strategy, you may miss a company or opportunity to gain valuable contacts."

Andrea St. James,
Western New England University

Preparation is paramount

Don't forget that resumé

- A job fair is like a regular interview, and you should be prepared with paperwork, be professionally dressed and ready to be offered a job on the spot.

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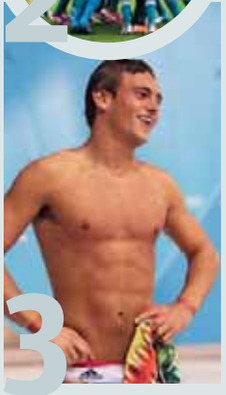
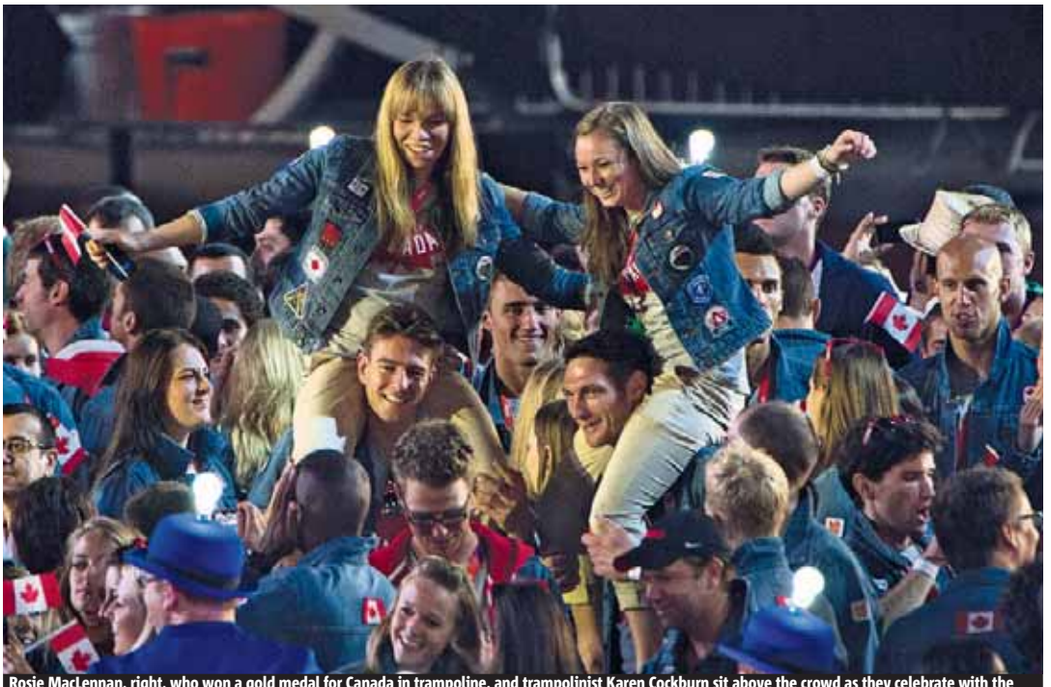
Weekend in pictures





Rosie MacLennan, right, who won a gold medal for Canada in trampoline, and trampolinist Karen Cockburn sit above the crowd as they celebrate with the Canadian Olympic team at the closing ceremony of the 2012 Summer Games in London on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Canadian Olympians give Games thumbs up

London 2012. Glowing reviews for organizers thanks to few issues and fair weather

Quoted

"We're happy we were here and we're proud to represent our country. And I couldn't be more proud to be Canadian, that's for sure." Kayaker Ryan Cochrane

The reviews are in and they're overwhelmingly positive.

Boosted by co-operative weather and few logistical, food and travel issues, several prominent Canadian athletes gave a big thumbs up to the London Games as the Olympics came to a close Sunday.

"It's been perfect," said Canadian soccer star Christine Sinclair. "No issues, the people are so friendly, everything has been so organized. It's been tremendous."

Sinclair was named Canadian flag-bearer after guiding the national women's team to a bronze medal. She also competed for Canada at the 2008 Games in Beijing.

The intense humidity, heat and smog that were a constant in China four years ago were not a problem in England. There were some showers from time to time but fears that this would be one of the soggiest Games in history were not realized.

Athletes raved about the location of the Olympic Village, which was close to a large shopping mall, Olympic Park and several of the venues. Language, cultural differences and unfamiliar food were much less challenging compared to some of the hurdles in Beijing and at the Athens Games in 2004.

Kayaker Adam van Koeverden, who took the silver in the K-1 1,000 metres, has won medals at the last three Olympics. He said the 2012 Games were "fantastic."

"My eyes were wide open the whole time," he said. "I was just taking it all in. I'm very cognizant of the fact there are fewer great races ahead of me than there are behind me. I'm just looking forward to every single one. I want to soak them all in.

"I've got awesome memories."

His teammate Ryan Cochrane competed with Hugues Fournel in the K-2 200 and K-2 1,000 metres. Cochrane wasn't sure what to expect at the start of his first Games.

"It's just another race when you're here but everything else is kind of overwhelming — in a good way, most definitely," he said.

Many athletes raved about the team culture in the Olympic Village and at Canada Olympic House, which was home to medal celebrations throughout the Games.

"As an experience on its own, it has been wonderful," said triathlete Simon Whitfield, who competed in his fourth Games. "London has done an incredible job. I had a huge disappointment in my race but every other moment has been amazing in London."

THE CANADIAN PRESS

1 4x100 relay. Heartbreak on the track for Canada

The Canadian team finished in third place, but was disqualified from the final of the men's 4x100-metre relay Saturday after third-leg runner Jared Connaughton of New Haven, P.E.I., stepped on the track line.

THE CANADIAN PRESS

2 Soccer. Mexico takes gold in shocker

Mexico pulled off a stunning upset in the men's soccer final, earning a 2-1 victory over the heavily favoured Brazilians.

THE ASSOCIATED PRESS

3 Diving. Daley steals show with bronze win

American David Boudia took gold in the men's 10-metre platform on Saturday, winning by 1.8 points over Qiu Bo of China. Crowd favourite Tom Daley of Britain settled for third but he felt like a winner, claiming bronze on home soil.

THE ASSOCIATED PRESS

Marathon swimmer Richard Weinberger with his bronze medal on Friday. THE CANADIAN PRESS

Canada matches 2008 medals

Memorable moments, yes, but Canada's overall performance at the London Olympics was unexceptional.

The same number of medals won as 2008 with fewer gold and silver, while falling just outside the goal of a top-12 finish in the overall medal count was a lukewarm outcome.

That doesn't diminish the feats of Canada's medallists in London. On the biggest stage in sports, they rank among the world's best.

Eighteen medals put Canada 13th in the overall medal count, two behind Hungary and the Netherlands, who were tied for 11th. Canada finished with one gold, five silver and a dozen bronze.

The country won three gold, nine silver and six bronze at the 2008 Games to finish tied for 14th in Beijing.

The lone gold medal in 2012 is the fewest for Canada at a Summer Olympics since 1976, when the host country won zero in Montreal. Canada was the only country in the top 25 with fewer than two gold medals.

THE CANADIAN PRESS

4 SPORTS

Mobile sports

Forget the medal standings. Britain is the big winner at these Olympics, with huge crowds lining glorious backdrops and athletes draped in the Union Jack. Canada's storyline is somewhat more complicated, however. Scan the code for the story.

Rosie MacLennan led Canada's youth movement at the London Olympics in bouncing to gold on the trampoline on Aug. 4. RONALD MARTINEZ/GETTY IMAGES

Young athletes give sneak peek of Rio

Optimism for 2016. 60 per cent of Team Canada's athletes in London made their Olympic debuts and show promise for Brazil

Whether it was Rosie MacLennan bouncing to gold on the trampoline, or Derek Drouin soaring to bronze in the high jump, youth was an underlying theme in Canada's performance at the London Olympics.

The results bode well for Rio de Janeiro four years from now, where the curtain could come up on a whole new generation of Canadian stars.

"What was so exciting was the enthusiasm of the new people at the Olympic Games," said Mark Tewksbury, Canada's chef de mission. "That kind of energy was I think really what helped us be so relentless and be consistent through the Games and get such a nice outcome at the very end."

More than 60 per cent of the athletes on the Canadian team were making their Olympic debuts, and plenty of them came up big, promising big things for Brazil.

MacLennan, a 23-year-old from King City, Ont., who worked as a volunteer at the 2010 Vancouver Winter Games, cemented her status as Canada's new trampoline star in London when she captured Canada's only gold medal.

Her Twitter followers exploded from 900 to more than 14,000.

Milos Raonic will be one to watch in Rio. The 21-year-old from Thornhill, Ont., played his way into the history books in his second-round loss to Jo-Wilfried Tsonga. It was the longest three-set tennis match in Olympic history, their third set alone lasting three hours.

Canada's track-and-field team had 35 Olympic rookies, and it was the young athletes who shone. They included Drouin, a 22-year-old from Corunna, Ont., whose bronze was Canada's first medal in high jump since Greg Joy's silver at the 1976 Montreal Games.

Meanwhile, Richard Weinberger, a 22-year-old from Victoria, outduelled the reigning world champion over the final metres of the men's 10-kilometre marathon swim race, winning bronze in an event dominated by older athletes.

THE CANADIAN PRESS

Young studs

Other young Canadian athletes to keep an eye on:

- **Paula Findlay**, 22, triathlon (from Edmonton)
- **Damian Warner**, 22, decathlon (London, Ont.)
- **Monique Sullivan**, 23, track cycling (Calgary)

'Living legend'

Rogge gets heat over 'semantic issue'

IOC President Jacques Rogge wants to set the record straight: Usain Bolt is an "active" legend and the best sprinter ever.

Rogge raised eyebrows this week when he said Bolt needed to prove his greatness over more than two Olympics before achieving his self-proclaimed status of "living legend."

On Sunday, Rogge relented a bit and came up with a different wording for the six-time gold medallist.

"I mean this is purely a semantic issue," he said. "Let me finalize this issue as follows: To say that Usain Bolt is an active performance legend, he is an icon, he is the best sprinter of all time."

Bolt won the 100 and 200 metres at the London Olympics, becoming the first athlete to sweep both events at consecutive games, and anchored the Jamaican team to a world record in the 4x100-metre relay.

Jacques Rogge GETTY IMAGES

After the relay, Bolt said: "The next time you see him (Rogge) I think you need to ask him what Usain needs to do that no human man has ever done." THE ASSOCIATED PRESS

Final results

MEDAL STANDINGS

Final following 302 total medal events

Nation	G	S	B	Total
United States	46	29	29	104
China	38	27	22	87
Russia	24	25	33	82
Britain	29	17	19	65
Germany	11	19	14	44
Japan	7	14	17	38
Australia	7	16	12	35
France	11	11	12	34
South Korea	13	8	7	28
Italy	8	9	11	28
Netherlands	6	6	8	20
Ukraine	6	5	9	20
Canada	**1**	**5**	**12**	**18**
Hungary	8	4	5	17
Spain	3	10	4	17
Brazil	3	5	9	17
Cuba	5	3	6	14
Kazakhstan	7	1	5	13
New Zealand	5	3	5	13
Belarus	3	5	5	13
Iran	4	5	3	12
Jamaica	4	4	4	12
Kenya	2	4	5	11
Czech Republic	4	3	3	10
Azerbaijan	2	2	6	10
Poland	2	2	6	10

WHAT CANADA DID

On the weekend at the 2012 London Olympics

SUNDAY

ATHLETICS

Men's marathon — Dylan Wykes of Kingston, Ont., completed the 42-kilometre circuit in two hours 15 minutes 26 seconds to place 20th; Eric Gillis, Antigonish, N.S., was 22nd (2:16:00); and Reid Coolsaet, Hamilton, 27th (2:16:29).

CYCLING (MOUNTAIN)

Men's cross country — Geoff Kabush of Courteney, B.C., traversed the course in 1:30:43 to rank eighth — 71 seconds behind the bronze medallist; Max Plaxton, Victoria, did not finish.

MODERN PENTATHLON

Women — Melanie McCann of Mount Carmel, Ont., placed 11th overall in the event with 5,180 points; Donna Vakalis, Toronto, was 29th (4,828).

WRESTLING (FREESTYLE)

Men's 66-kilogram class — Haislan Garcia, Coquitlam, B.C., won his round-of-16 bout by points over Zalimkhan Yusupov of Tajikistan (2-0, 0-2, 2-0); was defeated in the quarter-finals by Tatsuhiro Yonemitsu, Japan (0-1, 1-0, 5-0); then eliminated with a loss in the repechage to Livan Lopez Azcuy of Cuba (1-0, 0-1, 1-0).

Men's 96-kilogram class — Khetag Pliev, Toronto, won his opening match over Javier Cortina Lacerra of Cuba (0-2, 2-2, 1-0); lost to Jacob Varner, U.S., in the quarter-finals (1-0, 1-0); and fell short in the repechage round to Kurban Kurbanov of Uzbekistan (1-0, 4-1).

CLOSING CEREMONIES

Christine Sinclair of Burnaby, B.C., who scored a tournament-best six goals — including all three in a 4-3 semifinal loss to the U.S. — in leading the women's soccer team to a bronze medal was chosen to carry the Canadian flag.

OVERALL

The 2012 team finished with eighteen (one gold, five silver, 12 bronze) to match the third-most medals won by Canada in a summer games (Barcelona, 1992, and Beijing, 2008). Rosannagh MacLennan of King City, Ont., earned the gold medal in women's trampoline.

SATURDAY

ATHLETICS

Men's 4x100 relay — Canada (Gavin Smellie, Brampton, Ont.; Oluseyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; and Justyn Warner, Markham, Ont.) initially won the bronze medal in 38.07 seconds but was disqualified moments later when Connaughton was called for stepping on the lane marker.

Men's 5,000 — Cameron Levins, Black Creek, B.C., finished in 14th place (13:51.87).

Women's 20-kilometre race walk — Rachel Seaman, Peterborough, Ont., placed 52nd in the event (1:37:36).

CANOE/KAYAK

CANOE

Men's singles 200 — Jason McCoombs of Dartmouth, N.S., placed fifth in the B-final (44.973; 13th overall).

KAYAK

Men's singles 200 — Mark de Jonge of Dartmouth, N.S., won the bronze medal with a time of 36.657 in a race where the top six competitors finished within 0.584 seconds of each other.

Men's doubles 200 — Ryan Cochrane, Windsor, N.S., and Emilie Fournel, Lachine, Que., were seventh in the final (35.396).

CYCLING (MOUNTAIN BIKE)

Women's cross country — Catharine Pendrel, Kamloops, B.C., was ninth (1:34:28); Emily Batty, Brooklin, Ont., was 24th (1:40:37).

DIVING

Men's 10-metre platform — Riley McCormick, Victoria, finished 11th in the final with a score of 493.35 points.

TAEKWONDO

Men's 80-plus kilograms — Francois Coulombe-Fortier, Quebec City, failed to advance following a 11-6 loss in the quarter-finals to Daba Modibo Keita of Mali.

WRESTLING (FREESTYLE)

Men's 120-kilogram class — Arjan Bhullar, Richmond, B.C., was eliminated after losing his round-of-16 match to Komeil Ghasemi of Iran, by points (1-0, 1-0).

BASKETBALL

MEN

Sunday's results
GOLD MEDAL
United States 107 Spain 100
BRONZE MEDAL
Russia 81, Argentina 77

WOMEN

Saturday's results
GOLD MEDAL
U.S. 86 France 50
BRONZE MEDAL
Australia 83 Russia 74

SOCCER

MEN

Saturday's result
GOLD MEDAL
Mexico 2 Brazil 1

VOLLEYBALL

MEN

Sunday's results
GOLD MEDAL
Russia 3, Brazil 2 (19-25, 20-25, 29-27, 25-22, 15-9)
BRONZE MEDAL
Italy 3, Bulgaria 1 (25-19, 23-25, 25-22, 25-21)

WOMEN

Saturday's results
BRONZE MEDAL
Japan 3, South Korea 0 (25-22, 26-24, 25-21)
GOLD MEDAL
Brazil 3, United States 1 (11-25, 25-17, 25-20, 25-17)

WATER POLO

MEN

Sunday's results
GOLD MEDAL
Croatia 8 Italy 6
BRONZE MEDAL
Serbia 12 Montenegro 11
FIFTH PLACE
Hungary 14 Spain 8
SEVENTH PLACE
Australia 10 United States 9

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Basketball. U.S. reclaims Olympic crown vs. Spain

This was no Dream Team. This was reality.

The gold medal was in doubt for the U.S. men's basketball team.

The Americans led Spain by only one point after three quarters, a back-and-forth, impossible-to-turn-away-from game that almost anyone would hope for in an Olympic final.

Especially, it turns out, the U.S. players.

"We knew it wasn't going to be easy. We didn't want it easy," LeBron James said. "A lot of teams have won gold easy. We didn't want it that way. We're a competitive team, and we love when it gets tight. That's when our will and determination kind of shows. It was the same way in '08."

Same result, too.

The Americans defended their title Sunday by fighting off another huge challenge from Spain, pulling away in the final minutes for a 107-100 victory and their second straight Olympic championship.

And just like 2008, the star-studded Americans had to work for this one.

The London 2012 daily magazine proclaimed them "the new Dream Team" in an article, but the real Dream Team never had a game like this 20 years ago in Barcelona.

"Everybody wants to make that comparison, but at the end of the day we're both wearing these," forward Kevin Love said, pulling on his gold medal. "That's pretty good."

Kevin Durant scored 30 points and James had 19 on a day he joined Jordan as the only players to win the NBA title, regular-season MVP, NBA finals MVP and Olympic gold in the same year.

Pau Gasol scored 24 points and Juan Carlos Navarro had 21 for Spain.

THE ASSOCIATED PRESS

Quoted

"It was a good year. It was a great year for me as an individual. But this right here, it means more than myself.... It means everything to the name on the front."

LeBron James, who added a second gold medal to his resumé on Sunday, just a couple months after winning his first NBA championship.

Horoscopes

♈ Aries
March 21 - April 20
Someone you love will be a bit touchy today, and for no apparent reason. The good news is their negative attitude won't last long – in fact, by the time the sun goes down they will be all over you again.

♉ Taurus
April 21 - May 21
For some strange reason you are reluctant to make the kind of decision that usually comes so easily to you. You may not know why you are suddenly so timid but, for the moment, it's the right thing to be.

♊ Gemini
May 22 - June 21
Are you living beyond your means? If so today's lunar eclipse of Venus, planet of value, in the money area of your chart will help you see where you need to make savings. It shouldn't be too traumatic.

♋ Cancer
June 22 - July 23
There are times when your feelings build up to such an extent that you have to let them out, and such a time is now. Whether they come out in a positive or a negative way is though a matter of choice.

♌ Leo
July 24 - Aug. 23
Go easy on yourself today, especially if something does not work out the way you expected. It's not the end of the world – in fact if you analyze what happens you will make success next time more likely.

♍ Virgo
Aug. 24 - Sept. 23
You may be angry that you made a bad decision but you are human like everyone else, so don't be too hard on yourself. Use this setback to motivate yourself to try again. There's always a next time.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, is eclipsed by the moon today, which means you will have to make a conscious effort not to get emotional. Also, don't be judgmental when dealing with people whose way of life you don't approve of.

♏ Scorpio
Oct. 24 - Nov. 22
You will be confronted by some kind of injustice today and you will have to decide whether to get personally involved. Chances are you will. You just can't stand to see unfairness triumph.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that someone, somewhere is trying to deceive you. The fact that this is a person you trust implicitly makes the situation doubly dangerous. Be on your guard.

♑ Capricorn
Dec. 22 - Jan. 20
Where money is concerned there can be no room for sentiment or personal feelings today, because that will put you at a disadvantage. Whatever decisions you make they must be based on logic and common sense only.

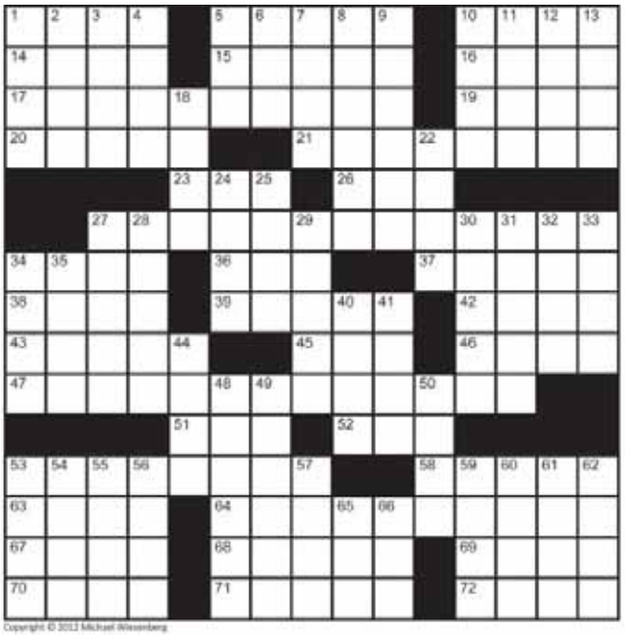
♒ Aquarius
Jan. 21 - Feb. 19
Refuse to get upset if things don't go your way. Yes, of course, it's unfair that you are struggling when others have got it easy but these things run in cycles.

♓ Pisces
Feb. 20 - March 20
Don't give ground on an issue that is causing you a lot of grief because there is a principle at stake here. Others do not have the right to demand that you embrace their values. Remind them of that fact — loudly.

SALLY BROMPTON

Crossword: Olio

BY MICHAEL WIESENBERG



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Across
1. Croat neighbor
5. Deep-voiced opera singer
10. Canadian force
14. Industry mogul
15. Emulate 39-Across
16. "The low-priced spread"
17. Montréal-based 2011 Juno Album of the Year winner (2 wds)
19. See 39-Across
20. Actor George who played Mr. Sulu on Star Trek
21. It became a province in 1949, and quit having a separate name in 2001
23. ___-mo: video effect
26. Leading dye brand
27. Montréal-born jazz pianist who wrote "Canadiana Suite" (2 wds)
34. 30-day mo.
36. Many a CEO's deg.
37. Flour might go through it
38. Adjective for babies and puppies
39. With 19-Across, "Catch a Falling Star" singer, 1958
42. Police crisis team acronym
43. Operatic solos
45. Also
46. Slippery fish
47. Montréal-born hockey great Maurice (2 wds)
51. Wide shoe size
52. [Help!]
53. Annual Calgary event
58. Online loan source
63. Opera set on 61-Down
64. Maritime Province (2 wds)
67. Bird food
68. Cuts with scissors, as a coupon
69. Idiot
70. Orson Welles's Citizen ___
71. Barks
72. Olympic fencer's weapon

Down
1. "Shoo!"
2. Poet ___ Pound
3. Adjustable oven feature
4. Scottish hillside
5. Letters used in dating
6. Bark in the comics
7. Make dirty
8. "And what is ___ as a day in June?" (2 wds)
9. 0 or 1 to a programmer (2 wds)
10. Almond ___: toffee candy
11. Blockhead
12. Short note
13. Destitute
18. Computer storage
22. These are found on maps: abbr.
24. Rub one for a genii
25. "Be he alive ___ he dead": "Fe Fi Fo Fum" (2 wds)
27. Eye nerve
28. Chateaubriand
29. ___ Québécois
30. Step part
31. Did needlepoint
32. Racetrack shape
33. Takes home, as salary
34. Wound result, sometimes
35. 100 cents, overseas
40. Mythical birds
41. National Park just across Alberta-BC border from Banff
44. Barely flow
48. Itsy-bitsy
49. Decorated anew
50. "Be with you in ___!" (2 wds)
53. Alta. neighbor
54. "___ Yellow Ribbon Round the Ole Oak Tree" (2 wds)
55. Mideast Gulf
56. Fashioned
57. Badness
59. Be ominous
60. On
61. World's longest river
62. Actress Hudson or Winslet
65. "Killer" PC program
66. Air leak sound

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2			8		1			7
	5		3		9		6	
		8				5		
		9	2		5	3		
3								1
		4	1		6	9		
		1				6		
	4		5		8		2	
8			9		7			4

Friday's Sudoku

9	7	5	4	2	3	1	6	8
2	6	3	5	8	1	4	7	9
1	8	4	6	9	7	5	2	3
5	2	6	8	7	4	3	9	1
4	1	7	2	3	9	8	5	6
3	9	8	1	5	6	7	4	2
8	3	2	7	6	5	9	1	4
6	5	1	9	4	8	2	3	7
7	4	9	3	1	2	6	8	5

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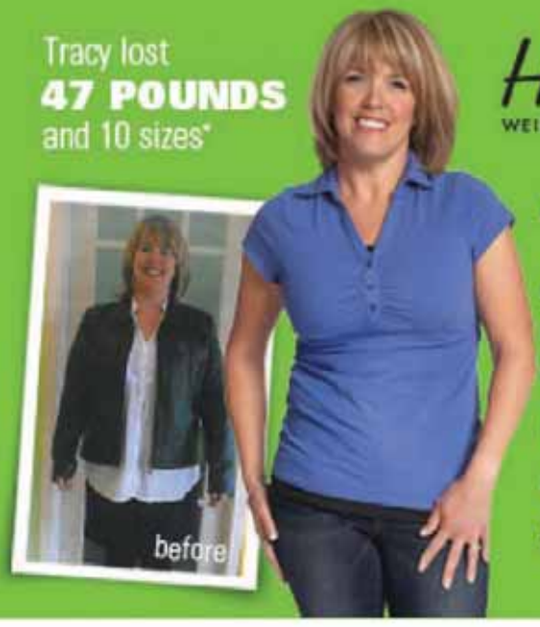

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